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B.C. election count, redux

COUNTING BALLOTS

180,000 absentee and special ballots, 2 riding recounts

David P. Ball
Metro | Vancouver

It was like déjà vu of May 9. But this time, nobody had to stay up until midnight to find out we still don't know who won.

Monday was the first of up to three days of counting ballots from the B.C. provincial election. Two weeks ago, it was simply too close to call — the closest result in a half-century with no party commanding a majority and several ridings within a stone's throw of a tie.

That means at least another few days of uncertainty as to who effectively holds power in B.C., if any party carries a majority of seats, or if the Greens could wield king-maker power in a minority government.

One of those, Courtenay-Comox on Vancouver Island, saw the NDP eke out a win over the B.C. Liberals by just nine votes, sparking an automatic recount by a judge. Another, Vancouver-False Creek, saw incumbent B.C. Liberal Sam Sullivan defeat the NDP's Morgane Oger by 560 votes, which Elections B.C. approved for recount because of a third party's request.

By the end of the first day of recount, the NDP had increased its margin of victory in Courtenay-Comox from nine votes to 13 but that could change against Tuesday or Wednesday.

Meanwhile, Sullivan bolstered his lead by nine votes.

The new ballot counts included the judicial recounts, as well as 179,611 absentee ballots — those cast out of voters' assigned areas, mail-in ballots, and special ballots at hospitals and other institutions.

Ballot-counting continues Tuesday.

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Your essential daily news

Justice Abella's speech takes aim at words and action of American president. **Canada**

From left, a new home in Shaughnessy rents for $19.8K a month, a house on West 28th Avenue that rents for $8.K and another in Shaughnessy that rents for $8.5K. JEN ST. DENIS/METRO

Mansions for rent as 'craze' ends

HOUSING

Owners are looking for tenants as market slows

Jen St. Denis
Metro | Vancouver

Tucked away on a Shaughnessy side street, a six-bedroom brown stucco Tudor house rents for $8,800 a month.

A block away, a brand new four-bedroom home rents for whopping $19,800 a month, while the five-bedroom "custom" home hiding behind a hedge will cost you $11,000 a month.

In West Vancouver, you can rent a six-bedroom house with "great views" for $21,000 (that includes swimming pool maintenance and gardening). The six-bedroom "Canterbury Chippendale Mansion" goes for $13,500 a month.

On the more modest end of the scale, a four-bedroom rancher built in 1956 in the British Properties rents for $4,800 a month, while several houses listed in Vancouver's Dunbar neighbourhood range from $4,000 to $7,000 a month.

Dion Letendre, a property manager with Unique Accommodations in Vancouver, said his company has been managing an increasing number of detached homes.

He believes the phenomenon is mostly being spurred by the slowdown in Metro Vancouver's detached home market following the introduction of a 15 per cent foreign buyer tax.

Several of the properties currently listed for rent on Craigslist are also for sale.

"(During) the big buying craze, a lot of people were buying for the sake of sitting on it while it appreciates and then selling it," Letendre said, referring to the extreme run-up in detached home prices between 2015 and 2016. "They were planning to sell six months or a year later for a quick profit, and people who were buying late in the peak ended up not being able to sell them or were going to have to sell them at a loss."

> **A lot of people were buying for the sake of sitting on it while it appreciates and then selling it.**
>
> Dion Letendre

Despite the increase Letendre has noticed, data collected from Craigslist rental listings for Vancouver between June 2016 and May 2017 does not show any recent rise in number of listings for any bedroom type.

While various media outlets in Vancouver have published stories about groups of young people teaming up to rent mansions in recent years, Letendre emphasized that the houses under Unique Accommodation's management would be rented to professional couples who make enough income to be able to afford the rent.

Vancouver's empty home tax is a much more minor factor in the decision to rent out a place, Letendre said. The tax came into effect January 1 and requires homeowners to pay one per cent of the home's assessed value if homes are occupied for less than six months of the year. The goal of the policy is to increase supply in a very tight rental market.

While Unique Accommodations received a lot of inquiries when the empty homes tax was first introduced, Letendre said those concerns seem to have tapered off.

"It tends to be the locals or people from the U.S. who are concerned about (the tax)," Letendre said. "I think people from overseas are less concerned. I think for a lot of them, it was a place to just invest money, whereas the people from the States and (locals), they're the ones that were using it to be a second home for themselves."

Many of the condos listed for rent are stylishly furnished, which has become "a bit of a craze," Letendre said, as owners aim to emulate Airbnb listings for their longer-term rentals.

Furnishing the unit can push up the price (for instance, from $1,800 for a one-bedroom to $2,600) but it also makes it harder to rent suites out.

Many of those furnished units will be rented for a few months or a year to people who are in town for temporary work in, for instance, Vancouver's booming film industry or to members of major sports teams who only live in Vancouver during the season.

Demand usually spikes in the summer, but in the fall and winter it's common for furnished apartments to sit empty, Letendre said.

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Fire closes highway

HAZMAT

Coquihalla shut on Victoria Day due to chemical blaze, cleanup

Wanyee Li
Metro | Vancouver

Smoke is visible from the Coquihalla Highway, about 25 kilometres south of Merritt, B.C. VSA MAINTENANCE/TWITTER

The Coquihalla Highway was closed in both directions just south of Merritt Monday, according to DriveBC. The closure came just in time for the end of the Victoria Day long weekend and what is traditionally a busy day on B.C.'s highways.

Authorities closed the highway in both directions 25 kilometres south of Merritt in the early hours Monday due to a dangerous goods fire and hazmat teams arrived on scene as of 10:30 a.m. Cleanup crews started their work around 1 p.m.

Interior Health says a semi-truck carrying potentially dangerous hazardous chemicals caught fire, producing smoke that could create health problems. It's unclear whether anyone was injured in the fire or what chemicals the truck was carrying. Interior Health says anyone in the area who smells or tastes anything unusual in the air should go indoors, close the windows and doors and turn off any air-conditioning units.

WITH FILES FROM THE CANADIAN PRESS

SQUAMISH

Trails closed after bear attacks hiker

Trails were closed in a mountain community north of Vancouver after a bear attacked a hiker.

The District of Squamish says in a Facebook post that a man and a woman were hiking in the Merrill Park area on Sunday afternoon when a female bear spotted them and charged.

The bear was protecting her cub but the attack was unprovoked. It also says the man received scratches, though his injuries are not serious.

The district says traps have been set up in the area. The park and surrounding trails have been closed until further notice. THE CANADIAN PRESS

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Residents protest condo development

CHINATOWN

Rally, festival was done ahead of hearing on rezoning plans

David P. Ball
Metro | Vancouver

A 12-storey condominium development plan in Vancouver's Chinatown continued to drum up controversy on Monday, with a "rally and dragon boat festival" drawing opponents out on the Victoria Day holiday.

On Monday afternoon, advocates with the Chinatown Concern Group and residents opposed to the development at 105 Keefer St. protested to "protect the heart of Chinatown," according to their Facebook page.

The Beedie Group development would rezone the parking lot at that corner, offering 110 condominium units and 25 seniors housing unit subsidized by B.C. Housing. But many of the neighbourhood's low-income Chinese seniors feared the project would drive up prices and not provide nearly enough affordable housing.

Residents of Chinatown gather for a rally and festival.
CHINATOWN CONCERN GROUP

Meanwhile, a letter to the city by the neighbourhood's MP Jenny Kwan, called for the project to be halted in a designated heritage area Kwan called "endangered."

"It is vital that we do everything we can to help revitalize Chinatown in such a way that preserves, protects and reinvigorates the integrity of this historic neighbourhood," Kwan wrote.

"As you know, ongoing immense development pressure is having a direct impact on Chinatown.

"... Not only does the proposed rezoning threaten the heritage buildings in the neighbourhood, many of them owned and operated by Chinese clan associations and provides valuable housing for Chinese seniors and other low-income residents, it also threatens the investments the City itself has made to protect the neighbourhood."

Starting at Chinatown Memorial Square on Keefer Street, the rally and festival featured homemade sticky rice samples, paper boat-folding, and sign-making.

Monday's rally was timed to encourage residents to attend city hall's public hearing on Beedie Living's rezoning proposal on Tuesday, which starts at 5 p.m.

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Video captures sea lion dragging girl into water

WILDLIFE

YouTube clip shows man jumping in and rescuing child

A still from video shows a male California sea lion lunging from the water to grab a young girl by her dress and drag her violently into the water in Vancouver on Saturday. The video was shot by Michael Fujiwara. YOUTUBE

The man who shot heart stopping video of a sea lion snatching a little girl off a Vancouver-area wharf says at first he froze.

"I was just in shock. I didn't know what to do at first," Michael Fujiwara said a day after he shot the video on Saturday that shows the sea lion lunge up, grab the little girl's white dress and pull her down into the water at the Steveston Wharf in Richmond, B.C.

The terrifying video that Fujiwara posted online shows a man immediately leaping into the water, scooping up the child and hauling her to safety.

Fujiwara, 23, said he believes the man is the girl's grandfather, and he grabbed both of their hands to help pull them back up to the dock.

"I was just panicking, actually. I've never seen anything like that before. I just didn't know how to react," said Fujiwara who was having coffee at the wharf when he decided to pull his phone out to take some video of the sea lion swimming by the wharf moments before it snatched the girl.

"Everyone just thought it was super friendly and all, but seconds later the girl decided to sit on the side of the dock and that's when the sea lion decided to jump out and drag her into the water," Fujiwara said.

The family was visibly shaken by the incident, Fujiwara added, and immediately left the area.

Fujiwara posted the video online Saturday and by Sunday afternoon, the video had been viewed more than 2.6 million times on YouTube, and shared more than 700 times on Twitter.

Bob Baziuk, general manager of the Steveston Harbour Authority, said watching the video made his stomach turn.

"It's an unfortunate incident. I hope the little girl's okay," he said. "But we've been trying to get that message out for years — don't feed the animals. You're just asking for trouble." California sea lions often visit the area on their migratory cycle, hoping for handouts from fisherman, but signs are posted warning people not to feed any of the animals. THE CANADIAN PRESS

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Canuck judge targets Trump

UNIVERSITY SPEECH

Stand against 'narcissistic populism' says Justice Abella

One of Canada's top judges has made an impassioned plea to the graduating class of law students at an American university to stand against injustice fuelled by "narcissistic populism."

In a speech that took aim at the actions and words of the sitting U.S. president, Supreme Court Justice Rosalie Abella did not once utter the name of Donald Trump.

Yet Trump's feuds with American judges who have halted his planned travel bans from predominantly Muslim countries, the ongoing fallout from his firing of former FBI director James Comey, and his populist policies ran through

Rosalie Abella THE CANADIAN PRESS

Abella's keynote address at a graduation ceremony Sunday. Abella told the graduating class at Brandeis University, west of Boston, Mass., that she has become worried about the state of justice in the world decades after the Second World War.

After the war, countries committed themselves to the "promotion and protection of values designed to prevent a repetition of the war's unimaginable human rights abuses," she said.

Abella said that commitment has been "shattered by narcissistic populism, an unhealthy tolerance for intolerance, a cavalier indifference to equality, a deliberate amnesia about the instruments and values of democracy that are no less crucial than elections and a shocking disrespect for the borders between power and its independent adjudicators like the press and the courts."

The honorary degree was the latest in a string of honours for Abella, who was named global jurist of the year by the law school at Northwestern University in Chicago, Ill., in January, and last year became the first Canadian woman to receive an honorary degree from Yale University. THE CANADIAN PRESS

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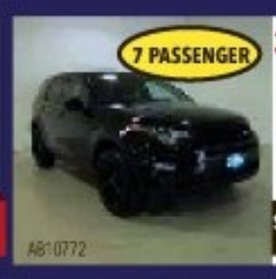

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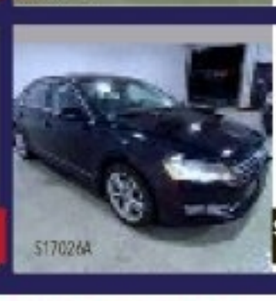

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U.S. POLITICS

Flynn rejects Trump-Russia probe subpoena

President Donald Trump's former national security adviser, Michael Flynn, invoked his Fifth Amendment right against self-incrimination in rebuffing a subpoena Monday in the investigation into Russia's election meddling. Then a top House Democrat cited new evidence he said appeared to show Flynn lied on a security clearance background check.

With Trump himself in the Mideast on his first foreign trip as president, investigations into Russian interference in the 2016 campaign showed no sign of slackening in Washington. Flynn's lawyers claimed an "escalating public frenzy" against the former aide justified declining the subpoena for his records.

The attorneys told the Senate intelligence committee Flynn will not turn over personal documents sought under the congressional subpoena nor otherwise comply as part of its investigation. Hours later, Rep. Elijah Cummings, senior Democrat on the House oversight committee, cited what he said were inconsistencies in Flynn's disclosures to U.S. investigators in early 2016 during his security clearance review.

Former national security adviser Michael Flynn AP

Cummings said Flynn appeared to have lied about the source of a $33,000 payment from Russia's state-sponsored television network, failed to identify foreign officials with whom he met — including Russia's President Vladimir Putin — and glossed over his firing as chief of the Defence Intelligence Agency during the Obama administration. THE ASSOCIATED PRESS

The explosion struck at England's Manchester Arena, where Ariana Grande had performed. The performer was not injured in what police are treating as a terrorist attack. GETTY IMAGES

'Boom, one loud noise ... we ran'

INVESTIGATION

At least 19 dead in Manchester as explosion rocks concert

An explosion struck an Ariana Grande concert in northern England late Monday, killing at least 19 people and injuring dozens in what police were treating as a terrorist attack.

Greater Manchester Police said 19 people were confirmed dead after the explosion at Manchester Arena. Northwest Ambulance Service said 59 injured people had been taken to hospitals, and a number of "walking wounded" were treated at the scene. Emergency vehicles were helping the injured and bomb disposal units were later seen outside the venue.

There was mass panic after the explosion at the end of the concert, which was part of Grande's The Dangerous Woman Tour.

Grande, who was not injured, tweeted hours later: "Broken. From the bottom of my heart, I am so so sorry. I don't have words."

Manchester Arena said on its website that the blast struck outside the venue as concertgoers were leaving.

Jenny Brewster said she was leaving the concert with her 11-year-old daughter when the blast hit.

"As I turned around, boom, one loud noise," she told Sky News. "A gentleman said 'run!' so we ran."

Outside, she said, "you could smell the burning."

Britain's terrorist threat level has been set at "severe" in recent years indicating an attack is highly likely. Police said the explosion is being judged a terrorist attack unless new information proves otherwise.

"A huge bomb-like bang went off that hugely panicked everyone and we were all trying to flee the arena," concertgoer Majid Khan, 22, told Britain's Press Association. "It was one bang and essentially everyone from the other side of the arena where the bang was heard from suddenly came running towards us as they were trying to exit."

Added Oliver Jones, 17: "The bang echoed around the foyer of the arena and people started to run."

Video from inside the arena showed concertgoers screaming as they made their way out amid a sea of pink balloons.

British Prime Minister Theresa May said the government is working to establish "the full details of what is being treated by the police as an appalling terrorist attack."

May is due to chair a meeting of the government's COBRA emergency committee later Tuesday. She and other candidates suspended campaigning for Britain's June 8 election after the blast. THE ASSOCIATED PRESS

CANADA REACTS

Prime Minister Justin Trudeau says Canadians "are shocked by the news of the horrific attack in Manchester." In a brief statement posted on Twitter, Trudeau asks Canadians to "keep the victims & their families in your thoughts."
THE CANADIAN PRESS

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- Assist clients with building their brand and/or generating awareness about their products, events and/or services
- Build and maintain strong relationships with new clients
- Respond to client queries and follow-up on all client calls and emails
- Develop and present persuasive presentations
- Log daily sales activity into CRM

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- Some relevant post-secondary education
- Dedication to achieving extraordinary results Excellent oral & written presentation, communication and negotiation skills
- Excellent time management skills, highly organized, detail oriented, efficient, ability to meet tight deadlines, ability to set priorities and manage daily tasks
- Creative and collaborative
- Digital Advertising experience an asset but not a requirement
- Proficient in Microsoft Office – Word, Excel, PowerPoint & Outlook
- CRM experience is an asset
- Strong sense of accountability
- Must be a team player

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metro CITIES
Your essential urban intelligence

PHILOSOPHER CAT by Jason Logan

BLUEPRINT by David P. Ball/Metro

Reframing the road

Bike Month is upon us in much of the country, the perfect time for Canada's cities to put their "bike pedal" to the metal — and shift gears to improve cycling. Unlike many of their European counterparts, Canadian city plans often relegate bikers to second-class commuters. But there's no lack of fixes to move cycling from overlooked to a celebrated (and, in turn, safer) way to move around town.

THE IDEAL BIKE PATH

How a road designed for bikes, and not just cars, might look.

'Idaho stops'
It's been 35 years since Idaho passed a law that's inspired cities elsewhere: it allows cyclists to save energy by treating stop signs as a "yield," and red lights as "stop signs" requiring a full halt before proceeding.

Floating cycle roundabouts
Pioneered in the Dutch city of Eindhoven, the space-age-looking "Hovenring" makes crossing four-or-more street intersections a breeze, keeping cyclists moving at all times by bypassing the crossroads altogether.

'Intelligent' traffic signals
Some Danish cities have special traffic lights that prioritize cyclists over motorists on busy routes. Not only do they give bikes a head-start, keeping cyclists flowing, but at peak-hours they're timed to synchronize at an average cyclists' pace, lowering the number of stops en route.

Bike skyways
As part of Copenhagen, Denmark's goal of being the most bikable city in the world it's built the "Cykelslangen," or Bicycle Snake. The raised bikes-only bridge through downtown allows cyclists to avoid traffic altogether, moving safely above the streets.

'Dutch junctions'
Common in the Netherlands but yet to seriously hit the pavement here, these "protected intersections" feature raised refuge "islands" at the four corners of intersections where cyclists can wait — in plain sight — for their turn to cross unimpeded. And they can also include raised waiting-points halfway across for cyclists to make crossings in two steps.

PUBLIC WORKS
The week in urbanism

ON THE LINE
Cycling advocates in San Francisco are putting their bodies on the line to protect one another. Twice this month, dozens of people donned yellow shirts and held hands to form a human chain to separate the bike lanes from vehicle traffic.

ACROSS THE SEA
A shipping container filled with Dutch bikes is making its way from Europe to Winnipeg to promote cycling in Canada. The Plain Bicycle project arranged to bring 140 used bikes — and their spirit — to our shores.

CITY CHAMP Metro's city builder of the week

Tom Babin is the "cyclist in chief" at Shifter, a website dedicated to urban cycling news. The Calgary-based writer and bike booster is a true Canadian two-wheel inspiration, authoring a book about winter biking called Frostbike.
@TomBabin

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metro LIFE

Your essential daily news

Baseball coming June 1 to virtual-reality headsets, using sensors installed in all MLB stadiums

Burn the dress

What to do when the wedding is off

Ashley Aseltine's wedding was called off, so she wore her dress to a Zombie walk. TORSTAR NEWS SERVICE

Ashley Aseltine had the ring on her finger, dress in her closet, and "save the date" magnets on friends' fridges.

But seven months before the big day, she didn't have a fiancé.

"He ended it," said Aseltine, 31. "It stung. Everything kind of stung for a really long time."

The December 2013 split ended their 12-year relationship and year-and-a-half engagement. The next weeks were a painful blur during which Aseltine leaned on family and friends for support. Once they were certain she and her ex wouldn't proceed with their June nuptials, her dad and uncle broke the news to relatives.

Then she got to work, calling the vendors and notifying friends and tucking the ring and the dress away in corners of her apartment. The $600 silk, floor-length gown wouldn't resurface until three years later when she would run over it with a car, drench it in fake blood and wear it as a costume for a Halloween Zombie walk.

For soon-to-be brides and grooms who call off their wedding, there's the immediate heartbreak that comes with losing someone you planned to spend your life with. Then there's the logistical nightmare of having to unplan one of the most important events of your life — breaking the news to everyone from your grandma to your gynecologist, swallowing lost deposits, fielding prying questions and fighting stigma in the process.

"It almost seems less taboo to get divorced than to call off a wedding," said Natalia Juarez, a Toronto-based breakup coach.

Whereas some people think "at least you tried" when divorce quickly follows nuptials, calling off a wedding entirely is regarded as "giving up too soon," she said, noting that divorce is also talked about more openly than broken engagements.

Juarez said those who call it off usually feel it was the right decision years later. But she's spoken with clients who saw red flags, but didn't want to call off the wedding for fear of letting down their family or spouse-to-be.

"Everyone was so excited they felt like they couldn't disappoint," she said. "(Brides and grooms) are emotionally and financially invested, and so are their families and social communities."

In Aseltine's case, she looks back on her breakup without anger or regret. She's now friends with her ex. They play on the same softball team.

But dismantling her wedding was frustrating — and pricey. Her friends encouraged her to put the money from the couple's Jack and Jill party toward recouping lost deposits for key elements, such as the venue and the photographer, but she still ended up more than $3,000 out of pocket.

The ring, she kept. Her ex never asked for it back.

"There's so much that I've thrown out or gotten rid of that had to do with our relationship," said Aseltine, for whom the "small and simple" piece of jewelry served as a token of what they shared. "It was a really important relationship . . . I don't want to forget that."

TORSTAR NEWS SERVICE

$ WHAT NEXT?

The dress
You could sell it, donate it, or burn it, Juarez said.

The venue
The venue may refund your deposit. If not, suggest an alternative use for the space, such as a party.

The alcohol
Drink it. Not all at once. With cases of wine on hand, you may never have to go to the liquor store again. Or try to return them.

The gifts
Generally, return to the gift-giver, or, if opened, offer equivalent monetary value. However, some friends may want you to put them toward starting your new life, as Aseltine's friends did.

The future
Practise radical self-love and self-care, grieve, and move forward with your life, Juarez said.

JOHANNA SCHNELLER WHAT I'M WATCHING

Why did nobody say anything?

THE SHOW: Mommy Dead and Dearest, HBO
THE MOMENT: Dee Dee's parents

So far in this harrowing documentary, we've learned that, for years, Dee Dee Blanchard, perhaps suffering Munchausen by proxy syndrome, kept her daughter Gypsy Rose ill (by force-feeding her medications) and in a wheelchair, though she could walk; and that Gypsy and a boyfriend murdered her.

We meet Claude Pitre, Dee Dee's dad, and his second wife, Laura. They sit on chairs in their house, a riot of knick-knacks. They speak in thick Cajun accents.

"Dee Dee was a filthy person," Laura says. "If it didn't go her way she'd see to it that you would pay." Dee Dee once poisoned Laura by putting Roundup in her food, they say.

Then we meet Gypsy's cousin, a tattooed biker who says: "I figured one day Dee Dee would piss off somebody" and be killed. "I thought it would probably be Gypsy."

If this has you screaming "So why didn't you help?", just wait until you hear from her legion of doctors. They all have their reasons for hurrying Gypsy along, for missing what was right in front of them. Many feel terrible regret. But no one protected this girl; that's the message director Erin Lee Carr communicates loud and clear.

True crime docs need lurid details and this one has plenty: the strangeness of Dee Dee's syndrome; the pathos of Gypsy's romantic fantasies.

But the best ones show us the consequences when we fail one another. If you see something, please say something.

Mommy Dead and Dearest airs on HBO Canada from June 1 and is available on demand.

Gypsy Rose and Dee Dee Blanchard, the subjects of Mommy Dead and Dearest. CONTRIBUTED

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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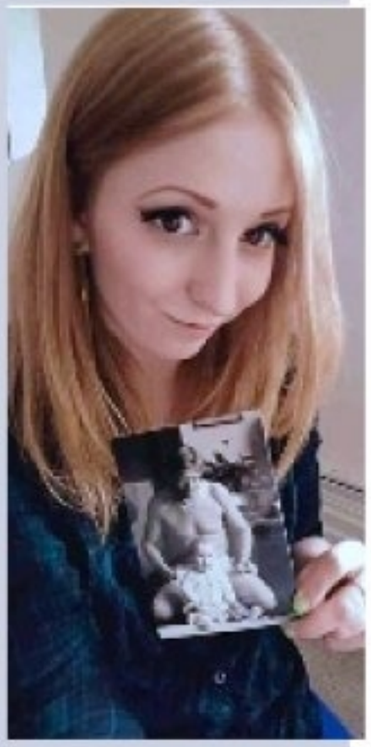
PLAID FOR DAD metro focus on prostate cancer

That fight was finally over

Megan Skead, 25, lives in Edmonton. Her father died of prostate cancer.

"The mourning process pretty much started the day that he was diagnosed.
And then it was almost a relief when he passed away, because the amount of pain that he was in, and that struggle and that fight, was finally over for him.
I guess the biggest thing that changed since that was just, you know, you don't take life as much for granted.
And I'm very thankful for the family that I do have still, because they are the rock in my life.
So, it definitely made me a lot more appreciative of the relationships that I have, and not to squander those or let them just pass by. Because you really don't know how long you may or may not have."

AS TOLD TO TAMAR HARRIS, FOR METRO CANADA



21,600

In 2016, an estimated 21,600 Canadian men were diagnosed with prostate cancer.

Source: Canadian Cancer Society, 2016

June 16 is **Plaid for Dad Day** in Canada. Each Tuesday leading up to Father's Day, Metro will feature the story of someone whose life has been affected by prostate cancer. For more information on the campaign, or to register, visit plaidfordad.ca.

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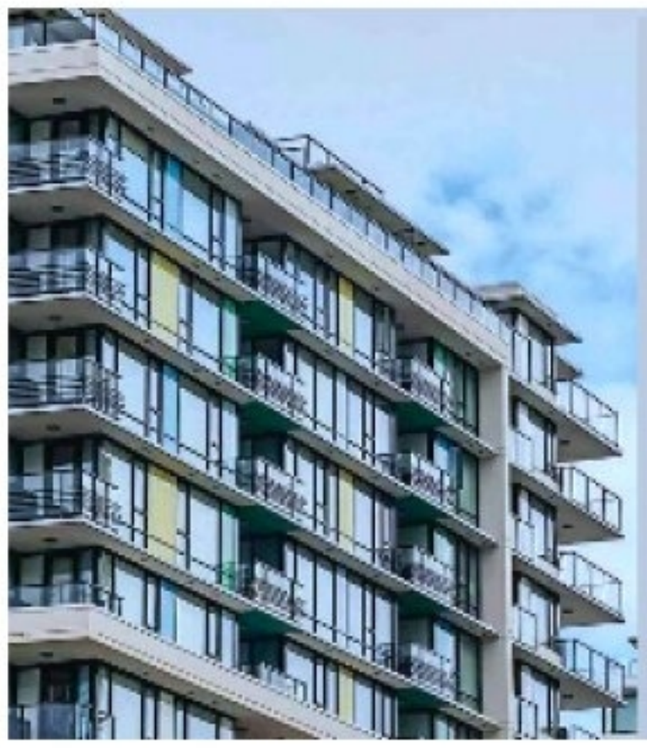

3 ways to pay off your home faster

MORTGAGES

Its likely the largest debt of your life, so make it easier

Gail Vaz-Oxlade
For Metro Canada

In these days of record-high housing prices, there's no doubt that your mortgage is likely the single largest debt you'll ever take on. And if you take a mortgage for $300,000 at an average rate of five per cent and pay it off over 35 years, you'll end up paying $331,789.91 in interest. Wow!

There are three easy ways to significantly reduce the amount of interest you end up paying and the time it takes to get to mortgage-free.

First, choose an accelerated payment frequency.

Most mortgages come with a vanilla-flavoured monthly payment. If you want to speed things along, choose the mocha version: an accelerated weekly payment. Using this option, you'll end up making one extra payment directly against your mortgage each year. One extra payment? What's the big deal? The big deal is that'll save you $70,003.63 in interest. That's gotta be worth the extra 30 bucks or so you'll have to come up with each week, dontcha think?

Second, shorten your amortization.

The shorter your amortization, the more you have to come up with for each payment, but the less you'll pay in interest overall. If you shorten a 35-year amortization to 30 years, you'll save $55,430.90 in interest. Go with a 25-year amortization and save $108,345.42. But that'll mean higher monthly (or accelerated weekly) payments. If you can't swing the higher monthly payments every month? Then…

Third, make a principal prepayment against your mortgage.

Most mortgages come with the flexibility to make an annual prepayment. It usually runs between 10 and 20 per cent of the original mortgage amount. So on a $300,000 mortgage you could make somewhere between $30,000 and $60,000 principal pre-payment, assuming you could come up with the money.

Getting a bonus? Just got a raise? Inherited some money? Now you know what to do with your windfall!

But you don't have to come up with a huge amount for the principal prepayment to work for you. You know that RRSP contribution you made that resulted in the $3,200 tax refund? Slap that sucker against your mortgage each year and you'll save $112,348.58 in interest on that 35-year mortgage.

The next time you "save" money on anything you buy (you are such a smart consumer!), put the money you saved in a jar. When you get to $25, deposit it to a high-interest savings account. Then, when you're closing in on your mortgage anniversary, make a prepayment.

By the way, when your mortgage comes up for renewal, that's the perfect time to slap some extra money against your principal and save in the long run. While you're at it, consider rounding up your payment from the weird $1,473.82 to a nice, even $1,480 or even $1,500.

The Financial Consumer Agency of Canada has a mortgage calculator tool that you can use to run your own scenarios to see just how much you can save on your mortgage.

Playing with the numbers might help you focus on a goal that will see your mortgage paid off sooner.

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Only the best barley for these brews

BREWING

Craft beer goes old school with heritage crop

Owen Roberts
Urban Cowboy

Ontario craft beer is taking a huge step forward, by taking a 100-year step backward.

Here, a storied, century-old Canadian heritage barley variety called OAC 21 is being reintroduced, especially for the craft beer market.

OAC stands for Ontario Agricultural College. The number 21 refers to this barley's row number in the research plot cultivated in 1903 at Guelph by Canadian crop breeding icon Dr. Charles Zavitz.

OAC 21 is ideal for small, specialized batches of craft beer, and for Ontario's particularly humid climate that roughs up cereal crops like barley.

"This is the first step toward revitalizing and re-establishing a viable malting barley production and processing industry in Ontario and Eastern Canada," says University of Guelph plant breeder Duane Falk, who has been pivotal to OAC 21's reintroduction.

Here's what's happening: as competition heats up, craft beer breweries are working harder to distinguish themselves and their products. Beer names have become clever and hip (see poll). And truly local ingredients — water, yeast, hops, and malted barley — are in high demand.

Brewers get even more excited about ingredients from heritage varieties. These are heirloom cultivars that faded into the sunset, usually because plant breeders like Falk developed better varieties (Falk himself has developed 51 different varieties).

OAC 21 was once the industry standard malting barley. SIAN RICHARDS/FOR METRO

FARM *poll*

Take our poll
Craft beers must have a catchy name. Tell us what your favourite is at **metronews.ca**

But back in the day, these varieties had something unique that made them stand out.

For example, as plant breeder Zavitz discovered in the early 1900s, OAC 21 was more resistant than other barleys to nasty leaf and root diseases like powdery mildew, leaf rust, net blotch, spot blotch, and root rot.

These qualities allowed it to produce better-quality grain than other barleys in its day.

So, Zavitz selected it for further development. And after considerable testing, OAC 21 was made available to farmers in 1910.

It turns out Zavitz picked a winner. Within two years, 98 per cent of Ontario farmers were growing it.

For the next 40 years, OAC 21 became the industry standard across Canada for barley used for beer production, called malting barley.

Eventually, time caught up with it, like it does with many plant varieties (they typically have a lifespan of about 10 years).

The country's population and beer intake was growing, and more productive varieties were needed to satisfy beer giants' increasing need for volume.

Now, fast-forward to 2017. Today's craft beer brewers aren't giants, and don't have the same needs for volume.

Their relatively small batches use only a fraction of the barley used by big companies.

As a result, they are quite happy with lower-yielding malting barley that grows well here and resists diseases.

STANDING OUT
Breweries like Muddy York Brewing Co. are all about heritage. The company's tag line is "taste the past"

Even better if it's a heritage variety, like OAC 21.

This spring, a field of OAC 21 is being grown in dry, warm, and sunny Alberta. That acreage is expected to provide brewers with enough OAC 21 malt to meet much of the demand in Ontario next year.

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.

Duane Falk (right), accompanied by Muddy York Brewing Co. founder Jeff Manol.
SIAN RICHARDS/FOR METRO

THE FUTURE *of* FARMING

Nature's wet blanket
Humidity creates conditions in grain like barley that are ideal for plant fungus, molds, mildews, and bacterial infections. Think about what happens in your home if humidity builds up. Stubborn fungus and mould take hold. Because of the Great Lakes, farmers' fields in Ontario are subject to similar problems.

Craft beer is everywhere
Ontario now has a whopping 180 craft beer breweries. Another 50 are in the works. Thirty brew pubs have opened. In recent years, craft beer has been the fastest-growing segment within the LCBO's beer category, up 20–30 per cent a year. The annual economic impact in Ontario of the craft beer sector is at least $600 million.

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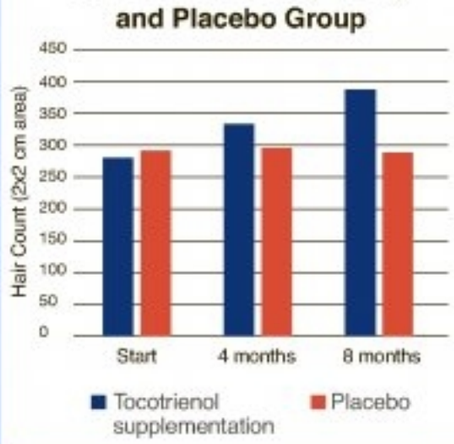
NEW natural ingredient produces 34% more hair in 8 months!

t is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at participating pharmacies and health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

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metro SPORTS

Your essential daily news

Caps on mission to win national title

SOCCER

After throwing it away last year Vancouver keen to make amends

Nicolas Mezquida of the Whitecaps reacts as Toronto FC players celebrate winning the Canadian Championship last June.
DARRYL DYCK/THE CANADIAN PRESS

The Vancouver Whitecaps are eager to right last year's wrong in the Canadian Championship.

The club was moments away from lifting the national title for a second straight campaign when Toronto FC snatched a late goal after a defensive miscue to stun the Whitecaps and win the two-game, aggregate final in dramatic fashion.

"We threw it away," said Vancouver head coach Robinson. "It was heartbreaking."

The Whitecaps have a chance to start making amends in the 2017 tournament on Tuesday night when the Montreal Impact visit B.C. Place Stadium for the first leg of their semifinal. The second leg will be played May 30 in Montreal.

Both clubs are coming off impressive wins in Major League Soccer over the weekend, with the Whitecaps downing Western Conference leaders Sporting Kansas City 2-0, and Montreal thumping the Portland Timbers 4-1.

Vancouver is 5-5-1 in MLS action so far this season, good for sixth in the West, while Montreal's 3-4-4 mark has the Impact sitting 10th in the East.

"Obviously getting a win (Saturday) does a lot for our confidence," Montreal head coach Mauro Biello said before flying to Vancouver. "We're slowly trying to find our form."

After playing the same lineup and formation for five straight matches, Vancouver will be switching things up against the Impact with the Whitecaps in the midst of a busy stretch of games.

"I'll rest some guys, there's no secret there," said Robinson. "Players will get opportunities."

Teams are required to start at least three Canadians in this year's tournament, which sees Toronto FC visit the Ottawa Fury of the second-tier USL in the first leg of the other semi.

The winner of the Canadian title has qualified directly to the CONCACAF Champions League in years past. But a change to that tournament's format starting in 2018 means Toronto will have to either capture the national crown again or beat the 2017 winner in a one-game playoff at BMO Field in August to qualify.

THE CANADIAN PRESS

IN BRIEF

Donaldson, Tulowitzki both in rehab action for Jays

Toronto Blue Jays third baseman Josh Donaldson went 0-for-2 in his first rehab appearance for class-A Dunedin on Monday while shortstop Troy Tulowitzki, in his fourth rehab game, went 0-for-2 with a walk.

Donaldson has been out since April 14 with a calf injury.

Tulowitzki has been sidelined since April 21 with a right hamstring strain.

THE CANADIAN PRESS

Predators beat Ducks in 6 to reach first Stanley Cup final

Colton Sissons scored his third goal with 6:00 left, ensuring the Nashville Predators' magical post-season now includes the franchise's first trip to the Stanley Cup Final after eliminating the Anaheim Ducks with a 6-3 win in Game 6 on Monday night.

The Predators, who've never won even a division title in their 19-year history, came in with the fewest points of any team in these playoffs. THE ASSOCIATED PRESS

Warriors complete sweep of Spurs, move on to Finals

The Golden State Warriors have advanced to the NBA Finals for a third straight year.

Stephen Curry scored 36 points to lead Golden State to a 129-115 victory over the Spurs on Monday night in San Antonio to win the Western Conference final in four games. The Warriors also swept the Portland Trail Blazers and Utah Jazz in previous playoff rounds.

The Warriors won the championship in 2015.

THE ASSOCIATED PRESS

MAKE IT TODAY

Generous Banana and Coconut Smoothie Bowl

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you love a smoothie but miss the action of "eating" something, then a smoothie bowl with its cereal-like feel and generous toppings is where it's at for your breakfast.

Ready in 10 minutes
Prep time: 5 minutes
Makes: 2 servings

Ingredients
- 1/2 cup milk or coconut milk
- 1 cup plain Greek yogurt
- 2 frozen bananas (you know to peel them before you put them in the freezer, right?)
- 2 tsp coconut oil
- a couple scrapes of lime zest

Optional toppings
Sprinkling ground chia
- Sprinkling flax seed meal
- 1 Tbsp of muesli
- 2 Tbsp pomegranate seeds
- sunflower seeds
- apple slices
- blueberries
- oats

Directions
1. Place the milk, yogurt, bananas and coconut oil and lime zest in a blender. Whiz until smooth. Pour into a bowl and sprinkle with your favourite toppings. Serve.

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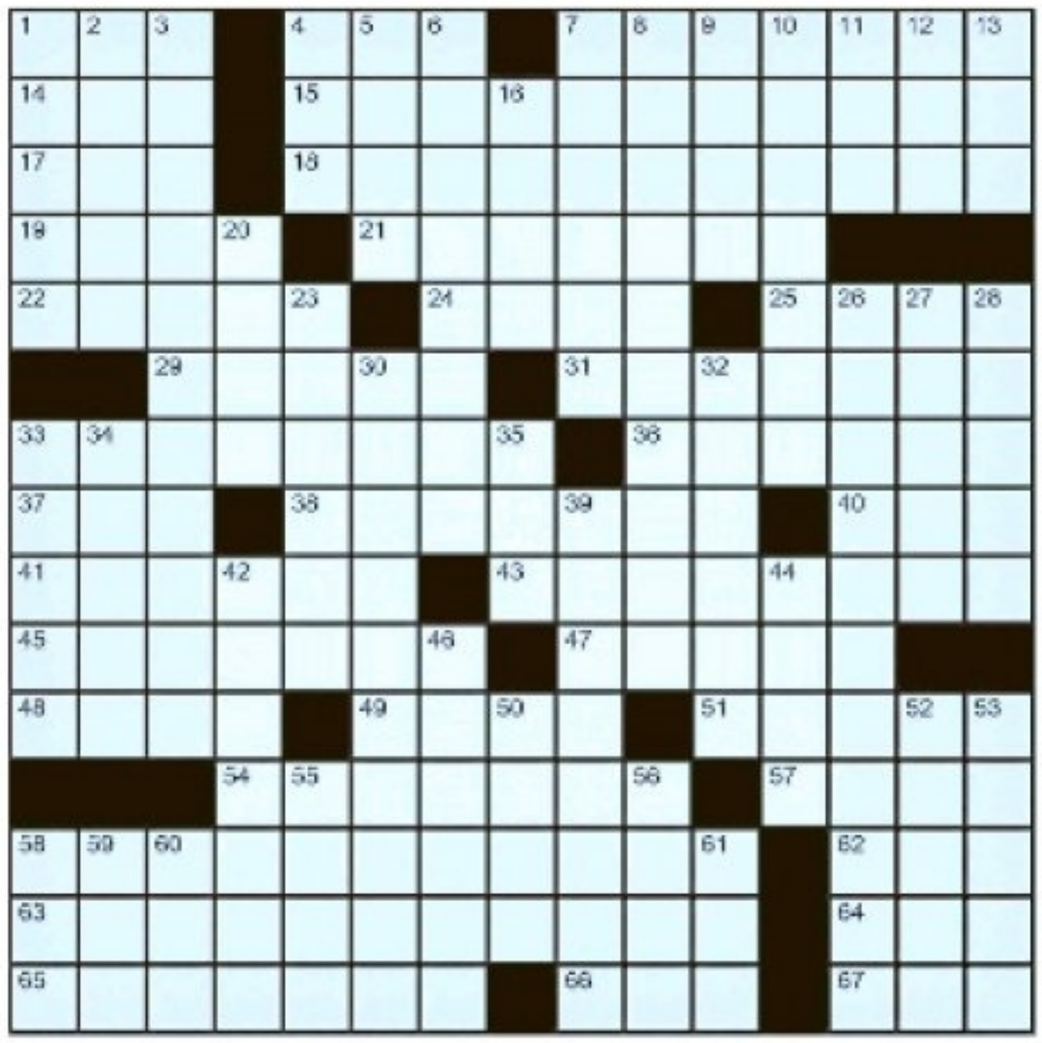
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Summer hrs. in Alberta
4. RKO competitor
7. Anne Shirley's sweetheart Mr. Blythe
14. Bungle
15. Where Hogwarts students go to buy supplies: 2 wds.
17. King: French
18. Transmitter of #33-Across: acr. + wd. + wd.
19. "Fame" character
21. 'Anti', 'Pre' and 'Pro' suffixes
22. Matinee stars
24. Ladies
25. Ancient promenade
29. Mikhail Gorbachev's late wife
31. Those saying "Ditto."
33. As per #18-Across... Randy Bachman's __ __ (The Canadian rock star's superb songs-spinning show)
36. Outfit the boat with a new sail-support
37. Beverage brrrr-er
38. Dis-occupied the premises
40. "Help __ _ think I'm falling..." - Joni Mitchell
41. Fashion designer Pierre
43. Michelle Pfeiffer's DC Comics movie role
45. Green
47. Ms. Knightley
48. Jon of NBC's "Chicago P.D."
49. Informality
51. Astonished sounds
54. Fox's characteristic
57. Hightail it
58. The __ __: The Quest for the North West Passage and the North Pole, 1818 - 1909 (Pierre Berton book)
62. It means 'Ear'
63. Khao Man Kai and Chim Chum are dishes in it: 2 wds.
64. Baking amt.
65. Notion
66. Belonging to Minneapolis' li'l state
67. Princesses Beatrice and Eugenie's mum's initials-sharers

DOWN
1. "__ beaucoup!"
2. Dickensian character Edwin
3. Like a Vicks cough drop's shape
4. Gladiator's 1600
5. Bee Gees surname
6. Canadian fiddler Ashley
7. Beard style
8. Not divisible
9. Secular
10. Flower
11. Bitty Brit band
12. Stimpy's pal
13. Nautical rope
16. David of "Rhoda"
20. Oil of __
23. Nissan car model
26. Sports in Canada... Harvey the Hound and Leo the Lion: 2 wds.
27. By land __ __ (Explorer's travel options)
28. John of "The Addams Family"
30. 2017 marks this coveted trophy's 125th anniversary: 2 wds.
32. Owl for Harry Potter
33. Smoking and gambling, for some
34. 'Veni' meaning in Julius Caesar's boast: 2 wds.
35. __-Man
39. Prepares to release the arrow: 2 wds.
42. Radical, as measures
44. Komodo dragons
46. "Darn!": 2 wds.
50. Li'l religious addresses
52. Fall guy
53. Ceases
55. Particular parasites
56. __ Fein (Irish republican party)
58. Airport tower [acronym]
59. Pi's follower
60. Tin
61. Abitibi article

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a busy, fast-paced time for you, which is why all your communications with others are in rapid staccato delivery. This is a good day to shop for wardrobe items.

Taurus April 21 - May 21
The Moon is in your sign today, lining up with chatty Mercury. This makes you talkative and eager to begin things. Any new venture will appeal to you.

Gemini May 22 - June 21
This is a vigorous time for you, with the Sun and Mars in your sign. Ideally, you should get more physical exercise to blow off any pent-up steam.

Cancer June 22 - July 23
A discussion with a female acquaintance or friend will be significant today. It appears as though someone wants your creative input or advice about something.

Leo July 24 - Aug. 23
Others might notice you today; it's quite likely because you have something to say. You might make an announcement or even be elected to head a group or club.

Virgo Aug. 24 - Sept. 23
Because you hunger for change and stimulation today, try to do something different. Travel, if possible. Visit someplace you've never been before — a store, restaurant or neighborhood.

Libra Sept. 24 - Oct. 23
Discussions about shared property, taxes, debt and anything that you own jointly with others will be significant today. Fortunately, with Venus opposite your sign, relationships with others are smooth.

Scorpio Oct. 24 - Nov. 22
This is a chatty day! Quite likely, you will attract someone who has a lot to say. Disputes about shared property and inheritances continue.

Sagittarius Nov. 23 - Dec. 21
Remember to get more sleep during this time, because you need it. Today you will focus on doing anything that makes you feel better organized. This includes dealing with a pet.

Capricorn Dec. 22 - Jan. 20
You're in a playful, prankish mood today, even though work still is your top priority. Take a long lunch. Enjoy sports and playful activities with children.

Aquarius Jan. 21 - Feb. 19
A discussion with a family member might be important today. This is a good time to focus on home repairs or discussing family plans.

Pisces
Feb. 20 - March 20
During discussions with others today, you want to get right down to the nittygritty. You won't be interested in superficial chitchat.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3								2
		6			9			
			4	2		7	8	
8					5			
		9		4		1		
			2					4
	2	5		9	1			
			5			3		
1								5

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FRIDAY'S ANSWERS

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5	4	2	6	9	7	3	8	1
1	8	9	5	4	3	6	2	7
6	7	3	1	8	2	4	5	9
7	1	6	3	5	8	2	9	4
4	3	8	7	2	9	1	6	5
9	2	5	4	1	6	8	7	3
3	9	4	8	6	5	7	1	2
2	6	1	9	7	4	5	3	8
8	5	7	2	3	1	9	4	6

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